

**For information
and to find the WIC Office
nearest to you, call
1-800-522-5006**

**For information about the
following programs, call:**

1-800-522-5006
WIC Program, Prenatal Care
Assistance Program (PCAP),
Child Health Plus, and Medicaid

1-800-342-3009

Food Stamps, Temporary Assistance
to Needy Families (TANF), and
Home Energy Assistance Program (HEAP)

1-800-865-5542

School Meals and the
Summer Food Service Program

212-230-1111

NYC Women's Health Line

3-1-1 (NYC only)

NYC Early Intervention Program

www.breastfeedingpartners.org

In accordance with Federal law and U.S. Department
of Agriculture policy, this institution is prohibited
from discriminating on the basis of race, color,
national origin, sex, age, or disability. To file a
complaint of discrimination, write
USDA, Director, Office of Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9419
or call (800) 795-3272 (voice)
or (202) 720-6382 (TTY)

USDA is an equal opportunity provider and employer.

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4/09



**FIND OUT
MORE
ABOUT**

WIC

**Food and
Nutrition
for Women,
Infants and
Children**

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1-800-522-5006



State of New York
Department of Health

HEALTHY FOOD • HEALTHY FAMILIES • HEALTHY FUTURE

WHO IS WIC FOR?

- Pregnant women (teens can apply)
- Children up to 5 years old
- Mothers of babies up to 6 months old
- Breastfeeding mothers of babies up to 12 months old

YOU CAN RECEIVE WIC EVEN IF:

- you are not a legal resident. A green card is not needed
- you are not a U.S. citizen
- you do not have a social security number
- you or other household members work
- you get Food Stamps, public assistance or Medicaid
- you are a foreign student (F-1 Visa).

WHAT DO YOU GET?

Checks for WIC foods that you can use at a neighborhood store and pharmacy.

NUTRITIOUS FOODS SUCH AS:

- milk
- cheese
- cereal
- fruit juice
- eggs
- peanut butter or dried beans
- infant formula

NUTRITION EDUCATION

- Learn how to choose healthy foods and how to fix healthy meals.

BREASTFEEDING SUPPORT AND ASSISTANCE

- Breast milk is best.

REFERRAL TO OTHER SERVICES

- prenatal (PCAP) and postpartum care
- well baby and child care
- Medicaid
- Temporary Assistance to Needy Families (TANF)
- Head Start
- Food Stamps
- substance abuse treatment
- family planning

WHO IS ELIGIBLE?

Income Guidelines for 2009-10*

FAMILY SIZE**	MONTHLY	WEEKLY
1	\$1,670	\$386
2	\$2,247	\$519
3	\$2,823	\$652
4	\$3,400	\$785
5	\$3,976	\$918
6	\$4,553	\$1,051
7	\$5,130	\$1,184
8	\$5,706	\$1,317
For Each Additional Member, Add:	+\$577	+\$134

*Income before taxes.

**A pregnant woman counts as a two-person family.

- You are income eligible for WIC if you receive Medicaid, Food Stamps or Temporary Assistance to Needy Families (TANF) or if children receive free or reduced price school meals.
- You must be a New York State resident.
- Families who meet income guidelines will be assessed by a health care professional for medical or nutritional risks.

Call us at 1-800-522-5006

